



Hanau aviators log thousands of hours of flying time while supporting Operation Iraqi Freedom



Chief Warrant Officer 2 Chuck Juul, instructor pilot for 2-501st Aviation, flies a Blackhawk near Baghdad International Airport. Photo left: Members of Company B, 2-501st Aviation, perform maintenance on a Blackhawk at Baghdad International Airport.

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tion Regiment, face danger whether they are on the ground maintaining and repairing their equipment or taking to the skies over and around Baghdad.

Despite the daily perils and challenges of serving in an unforgiving climate, the pilots, crew members and other Soldiers of the Fliegerhorst-based unit have made

their presence known — serving diligently to ensure the men and women of 1st Armored Division and fellow units are provided with first-rate aviation support wherever it is needed.

See photos on this page for an inside look at one small piece of the puzzle known as Operation Iraqi Freedom.



A Blackhawk of the 2-501st Aviation Regiment comes in for a landing at Baghdad International Airport.

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Beefing up Baghdad University's library

Catamounts, Giessen University restock Iraqi university library shelves

By Lt. Col. John Kem
16th Engineer Battalion

Combat Engineers of the 16th Engineer Battalion, Task Force 1st Armored Division, and a German University located at the unit's home station are helping students from the Baghdad University College of Languages learn about the languages and cultures of other countries.

Baghdad University did not have enough contemporary language books to properly support the students. This is particularly true of the college's German book and literature collection.

Recognizing the school's need for books and teaching materials, members of Giessen's 16th Engineer Battalion worked with the Justus-Liebig-University of Giessen to get books donated from German students and faculty.

Dr. Stefan Hormuth, the university president, supported the Catamounts by collecting books to be donated at his university to begin the rebuilding of the library of German literature.



Photo courtesy of the 16th Engineer Battalion
Spc. Oralio Bowie and Sgt. Wesley Dickerson of Giessen's 16th Engineer Battalion join a member of the Baghdad University library staff at the restocked library.

Capt. Casey Connors, the 16th's rear detachment commander, coordinated the pickup of more than 500 books and 300 pamphlets for shipment to Iraq via the U.S. military postal

system.

"We have spent the last nine months working here at the Bab Muadham campus," said Sgt. Wesley Dickerson of Head-

quarters and Headquarters Company, 16th Engineer Battalion, one of the Soldiers who helped deliver the books to the language library.

"It is great to see the results of our efforts, especially the help from the students and teachers back in Giessen."

Spc. Oralio Bowie, a food service specialist from HHC's support platoon, also helped with the delivery.

Dr. Dhair Al Nafir Hasan, dean of the College of Languages, who is actually a professor of Russian studies, said he was especially thankful for the assistance.

His department manages a college that teaches Spanish, German, Russian, Farsi, Hebrew, English, French and Italian to more than 4,000 day and 3,000 evening students.

Getting new teaching materials is a very difficult challenge, he said.

"We are honored to accept these books from President Hormuth," said Dr. Hasan. "Our students have suffered from the conduct of the war and the isolation because of Saddam. We hope this kind of cooperation can continue in the future."

Iraq mission draws 527th MPs together

Looking back on experiences after return to Giessen

By Alexandra Williams
284th Base Support Battalion
Public Affairs Office

Soldiers of Giessen's 527th Military Police Company, who returned home after a yearlong deployment to Iraq in February, shared their experiences.

"Some of us left in February [they deployed as the war was still under way in 2003] and the rest followed in March. First we went to Camp Virginia in Kuwait, to Tallil Airfield and Tikrit in Iraq, and from there we finally moved to Baghdad," said 1st Sgt. Greg Sandell. "While the war was still ongoing we mainly provided convoy escort service for ammunition and equipment, and area security. In April we moved to Tikrit where we started to build the detainee camp, and then we received orders to go to Baghdad."

"Our Soldiers were very excited to go there, especially after we made the former vice president's palace our home. The building is located near the famous crossed sabers and across from the Baghdad Zoo," Sandell said.

The former palace housed more than 1,000 Soldiers of the 709th MP Battalion, he said.

"The mission for Baghdad was to rebuild the damaged police stations and to re-establish the police force. When we arrived there was nothing but looted police stations," Sandell said. "We helped rebuild

those; we trained the new police force; and we equipped them with new uniforms, pistols and badges.

"The local policemen had to learn a lot after living so many years under Saddam's regime," he continued. "He [Saddam] didn't like the police and he paid them little. There was a lot of frustration among them. We established a police force that is doing the right thing and does not beat up the people, regardless of how badly they would like to."

Trainees went through classroom instruction and later performed hands-on training with their American instructors.

Dedicated Soldiers

"Our Soldiers were very dedicated, and the Iraqis were very committed to their duty," said Capt. William A. Rodgers, 527th MP Co. commander. "I spent a couple of weeks with the company before taking command in September and I was able to see how they were working. It's great to see those young Soldiers fresh out of the MP school teach the Iraqi police force. They taught everything they had just learned to the Iraqis. They shared their knowledge and even became friends. They helped the Iraqi police force to function on its own. Their professionalism made us succeed."

"There is so much sense of pride in the company. The Soldiers are 19, 20 years old, and they are so focused on their mission. Almost every day they were shot at, but they always went right back to doing their job. Thirty-six Army Ac-



Photo by Command Sgt. Maj. Dale Paff

Military Police Soldiers issue new police uniforms to Iraqi police officers. Providing the Baghdad police force with new equipment and clothing was part of the rebuilding mission of the 527th MP Company.

complishment Medals with Valor, three Bronze Stars and a couple of Purple Hearts were awarded to Soldiers in our company," he said.

Many heroes in the company

"We have many heroes in our company. One is Pfc. Juan Gonzales. A rocket-propelled grenade hit his vehicle, bounced off and hit his gun, which broke into two pieces. He just continued to do his job," said Sandell.

"It happened Oct. 1 — a date I'll never forget — one, because I almost died that day," said Gonzales. "I was lucky that I only had scratches on my face. The situation pops up in my head daily, and I know it was a blessing from up there that saved me. The intent was to destroy the vehicle, but I only received a few scratches."

An important experience was the camaraderie among Soldiers. "I got really close to fellow Soldiers — especially Sgt. Eric Hibbs and Sgt. Chris Colon," said Gonzales. "Sgt. Hibbs and I worked together as a guard team, and Sgt. Colon taught me all the basics on what it takes to be a better Soldier. When you are in a near death situation you get really close, and you know that you are taken care of."

"In a way we were lucky. We only lost one Soldier — Pfc. Rachel Bosveld — and three more were severely injured. We knew when we deployed that it was dangerous, and you always hope that nothing will happen to you or your fellow Soldiers," said Gonzales. "It's pretty sad when you hear about Soldiers

getting injured or killed, but it really gets to you when a Soldier you know or worked with gets killed. It gives you the chills."

"When Bosveld died we were shocked. And up to this date I am still thinking of her family," he said. "Bosveld and I went to training together before being assigned to the 527th. We are all prepared to do the same she did — make the ultimate sacrifice."

Working with young Iraqi policemen was a positive experience, he added. "One day I was on patrol with a young Iraqi policeman. We were shot at and I returned fire when I noticed that my Iraqi counterpart was clapping for me. I had to smile when I saw that. I think that the majority of the Iraqis are glad we were there and they realized we want to help them," Gonzales said.

"The deployment has changed the way I look at some things in life," said Sgt. Sara White.

"It's really strange when you get shot at with AK-47s and you are attacked with improvised explosive devices. I think you'll never get used to it, and the attacks actually have an effect on you."

"My husband, who is assigned to 1st Brigade and is still downrange, and I spent our rest and recuperation leave in the States," said White. "We were sitting in a room when suddenly a door slammed. We both jumped up. You

get nervous when you hear loud noise."

"I am glad that we are back, and I feel for every Soldier who is still downrange," she said. "I have a hard time watching the news. Whenever I see something about Iraq I have to change the channel."

Appreciating life

"After being deployed I know how good we have it," White said. "I would never have imagined that before. Just like the Iraqis, we had to live without water and electricity. All the places were trashed — even the little cities. I've learned the difference, and I appreciate all the things that we have," she said.

"I've seen my Soldiers grow during this deployment and how they developed a sense of accomplishment. A young generation of Soldiers, mainly privates first class and specialists, deployed and conducted combat skills. There are many noncommissioned officers in the Army who have 20 years of service but never deployed before. Those young Soldiers can pass on all their real combat situation experience to other young Soldiers," said the company commander.

"Another change I've noticed is the band of brotherhood that has formed downrange. There is no way to measure the camaraderie. This has made the 527th become one successful team," said Rodgers.



Photo by Sgt. 1st Class Robert Webster

1st Lt. Sara E. Skinner meets an Iraqi police officer in Baghdad. Soldiers of the 527th Military Police Company worked closely with their Iraqi counterparts, giving them classroom instruction and hands-on training on proper police procedures.

284th BSB – Friedberg, Giessen

Community spotlights

Cheerleading championship

The 284th Base Support Battalion's Child and Youth Services organization hosts the U.S. Forces Junior Cheerleading Competition March 20 at 11 a.m. at the Miller Hall Fitness Center. The Frankfurt Galaxy Cheerleaders will perform for the junior girls and judge the competition. For more information call mil 343-7320/6969.

Weekend child care

Child and Youth Services host a Super Saturday morning child care service March 27 from 9 a.m. to 1 p.m. at the Bad Nauheim Child Development Center and April 3 from 9 a.m. to 1 p.m. at the Friedberg CDC. The service is available for all CLEOS-registered children age six weeks to 11 years old. Respite cards for E-4s and below will be accepted. Reservations are required. For more information call mil 343-7028/8216.

Storytelling trips

In recognition of the Month of the Military Child the Giessen Library is sponsoring storytelling trips every Saturday morning in April. Children will enjoy stories at the Giessen Library and then travel to sites in the Giessen area to hear an additional story. Trips are two to

three hours long, and destinations are a surprise. Trip sign-up is through March 31 at the library. Phone registrations are not accepted. First priority for enrollment is children in grades one to four who may participate without an accompanying parent. Second priority will be given to children not yet in the first grade who can participate with a parent or guardian. Last priority will be given to children in grades five and six. For more information contact the Giessen Library at mil 343-1740 or civ (0641) 402-1740.

On-site services

The Central Registration Office provides on-site registration for children April 4 at the Butzbach Child Development Center, April 7 at the Bad Nauheim CDC and April 8 at the Friedberg CDC. For details call mil 343-7028/8216 or civ (0641) 402-7028/8216.

Road conditions information

To find out the latest road conditions call mil 343-8606 or civ (0641) 402-8606 for an automated message service. The message is updated as conditions change and will be available at all times. The Commander's Information Channel is also avail-

able to find out about the latest road conditions. Call mil 343-1600 or civ (0641) 402-1600 for more information.

Reunion training for spouses

Family Readiness Group leaders are encouraged to contact their local Army Community Service center to register for reunion/reintegration training. Classes are scheduled nightly to ensure maximum participation. Reunion training provides family members with resources they may need for personal reintegration after Soldiers return from deployment. The training highlights changes associated with redeployment, expectations, communication and signs and symptoms of distress. For more information call Deborah Gantt in Giessen at mil 343-7618/6039 or Martha Pinion in Friedberg at mil 324-3465/3710.

Outdoor Recreation trips in March

Outdoor Recreation sponsors a trip to the **Dachau concentration camp** and **BMW Museum** March 20. A sightseeing trip to **Rothenburg** takes place March 27. For details call mil 343-8202.

Hearts and Hands Club update

The Hearts and Hands Community Club sponsors **Super Bingo** at the Alpine Club March 19 at 7 p.m. Twenty games will be played. Doors open at 6:30 p.m. Everyone is invited to attend.

The **Butzbach Thrift Shop** is now located at the old Area Support Team building next to the Shoppette. Hours are Wednesday from 10 a.m. to 2 p.m. The Thrift Shop can be reached during business hours at mil 343-8228 or civ (0641) 402-8228.

Library, Outdoor Rec hours

Starting April 5 the Friedberg Library will be open Sunday to Thursday from 10 a.m. to 6 p.m. For more information call mil 343-7713. Starting April 5 Giessen Outdoor Recreation will be open Tuesday to Friday from 10 a.m. to 6 p.m. Call mil 343-8202 for more information.

Auditions at Keller Theater

The Giessen Keller Theater will hold auditions for "Baby" a musical comedy April 26-27 at 7 p.m.



Photo by Alexandra Williams

Happy Birthday Dr. Seuss

Officials of the Department of Defense Dependents Schools and the 284th Base Support Battalion meet at Giessen Elementary School March 2 to cook a 'green eggs and ham breakfast' for the students in honor of Dr. Seuss' Birthday and the Read Across America Day held at the school. Parents and volunteers contributed to the event by baking cupcakes and reading to the students.

Needed are singers, dancers, musicians, backstage and technical assistance. Participation is open to all community members. No theater experience is necessary. For details call mil 343-6515.

Pilgrimage to Lourdes

The 46th annual military pilgrimage to Lourdes, France, takes place May 14-16. Although mostly celebrated by Catholics, all military members and their families are invited. Lourdes is the location of an apparition of Mary Immaculate, the Mother of God, who appeared to Bernadette Soubirous on 18 occasions at the Grotto of Massabielle near the town of Lourdes. For more information visit the Lourdes website at <http://www.lourdesfrance.com/bonjour.htm>, call Chaplain Dennis W. Madtes at mil 370-6506, civ (0151) 142 5208 or send a message of enquiry via email to Dennis.Madtes@us.army.mil.

Tax center hours

The Giessen Tax Center is located in Building 7, Room 254, and is open Monday to Friday from 9 a.m. to 5 p.m. For details call mil 343-

8261. The Friedberg Tax Center is located in Building 3635, Room 114, on Ray Barracks and is open Monday to Friday from 9 a.m. to 5 p.m. For more information call mil 324-2275/46/77.

ACS update

The Butzbach Army Community Service Outreach Center sponsors an **Invigorating Day of Relaxation** March 18 from 10 a.m. to noon. Participants will learn how to make their own aromatherapy massage oil. Friedberg ACS offers a free **Color and Style Consultation** from a professional beautician April 1 from 1-3 p.m. Call mil 343-7618 or mil 324-3465 for details.

Find out what you can use from your kitchen to achieve a **natural, nourishing facial** by visiting Giessen ACS March 25 from 10 a.m. to noon. For more information or to sign up call mil 343-7619 or mil 324-3465.

Outprocessing briefing

The next locally held PCS/ETS outprocessing briefing is scheduled for March 23 at 9 a.m. in classroom 7 on Ray Barracks in Friedberg. For details call mil 343-8077.



Photo by Petra Roberts

Dancing through history

Dawn Torrain (left) and Jennifer Matthews perform dancing styles of the '70s during the 284th Base Support Battalion Black History Month celebration Feb. 28 at the Alpine Catering Center in Giessen. The evening was themed "A Tapestry of African-American History" and took the audience on a trip through African-American history starting with the days of slavery and running through decades of gaining freedom and equal rights.

Keeping Americans safe for 38 years

Giessen fire inspector looks back on career highlights

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

Bruno Schmiedel, fire inspector at the Giessen fire station, ended his career Feb. 27 after dedicating 38 years to keeping American families safe.

On his last day he recalled special moments of the past four decades serving on the Giessen Depot.

Before starting his career in January 1966 Schmiedel lived in Canada where he worked in the construction business and volunteered for the volunteer fire department. "When I returned to Germany, a neighbor who I used to work with in construction told me that the American fire department in Giessen was looking for new staff, so I applied for a job," he said.

"When I signed the contract, the lady from the personnel office told me I might only work here for a few years — five at the most — since the Army was closing bases and offices throughout Germany. I never thought that one day I'd retire from this job. I wish I could have stayed longer too, but due to medical problems I have to go on early retirement," Schmiedel said.

"I've seen many station chiefs and commanders come and go. And throughout the years I've worked with many people at the station. I've seen many retire from the fire department, and only three of them are still alive," he said.

"I've known Bruno for 30 years, and in all those years I could always depend on him. We all appreciated his calm personality," said Karl-Heinz Rahn, Giessen fire chief, during the farewell ceremony.

Meet the staff

"There are many memories of the past decades, some really funny, others really sad, that I will hold dear," said Schmiedel. "The funniest moments were when people gave you strange excuses for why a fire broke out in their apartment. A resident once told me that his German shepherd turned on the stove and that caused the fire."

"Really sad moments were those when people got injured or even died in a fire. You never get used to that," he said.

"I'll never forget the day when we were called to a fire that broke out in leased housing and we learned that the children had burned to death. The parents had locked the door before, and when the fire broke out, they could not find them. There was no escape for the children," Schmiedel remembered.

"One thing that no one at the fire department will get used to — regardless of how many years you are working here — is the carelessness that causes apartment fires," he said.

"I met Bruno 10 years ago when I first started working at the fire station. He taught me everything I needed to know before I was sent to take training classes," said Schmiedel's teammate Thilo Schleich.

"He has a good personality. He was always in a good mood — I have never seen him in a bad mood. I am sorry to see him leave. I will miss him a lot," Schleich said.

"A few days ago I looked through some old files and I found a letter of reprimand I had to give to Bruno a couple of years ago. One day he had to go to Frankfurt and on his way back to Giessen he drove a little faster than the authorized 88 kilometers we were allowed to drive back then," said Rahn. "As he drove he passed the post commander, a brigadier general, who was on his way back to Giessen, too. He noticed the car with U.S. Army plates flying by and instructed his driver to follow the car because he wanted to 'talk' to the offender. At 170 kilometers per hour the driver had to give up.

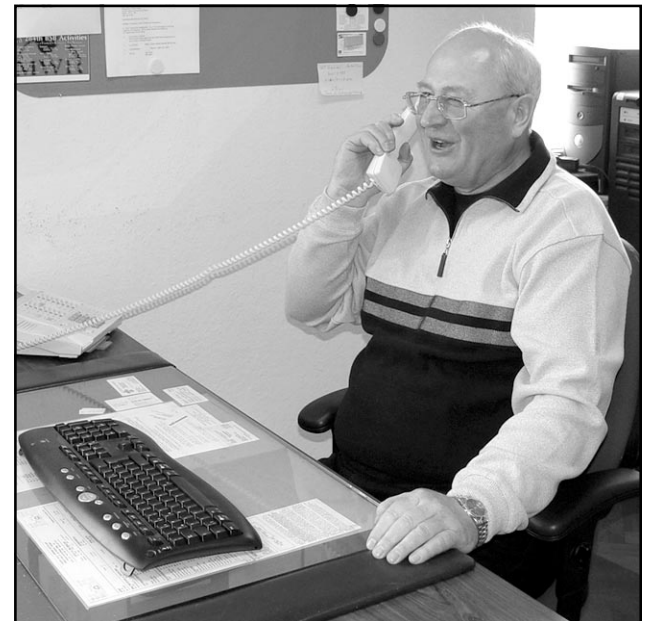


Photo by Petra Roberts

For almost four decades Bruno Schmiedel served the American military communities.

Since the brigadier general wrote down the license plate the offender was found quickly and the brigadier general instructed us to reprimand Bruno.

"In the past 30 years we went through many happy and sad times. We will surely miss him, but I know we will continue seeing each other," he said.

"I will miss my colleagues and the 284th BSB community. If I could make one wish I'd wish that the Army would not withdraw from Giessen and that all my colleagues have the chance to retire from their jobs," Schmiedel said.

Housing staff provides homes to the community

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

The staff of the 284th Base Support Battalion Directorate of Public Works Housing Office helps Soldiers and families obtain quarters. This includes determining eligibility for housing and helping resolve any problems with assigned apartments.

Redeploying Soldiers with housing issues will meet Robert Massey, 284th BSB housing management specialist, at the reintegration center in Giessen. Massey and his colleagues Christina Fair, Mary Batiste, Jennifer Cornish, John Liles and Tony Norwood are responsible for identifying Soldier housing requirements.

"Before the Soldiers come back, we get updated lists from the 284th BSB and the units. We have to update our own lists in the computer because all that (new) information will be given to the various staff at the reintegration center. The lists help us determine what is needed, because we check if Soldiers had housing before they deployed, their marital status, who had what requirements before, identify who is on a waiting list and if housing is still needed upon redeployment," Massey said.

"Once a Soldier comes to the center he or she has to go through various stations. One of them is housing. Some believe that only

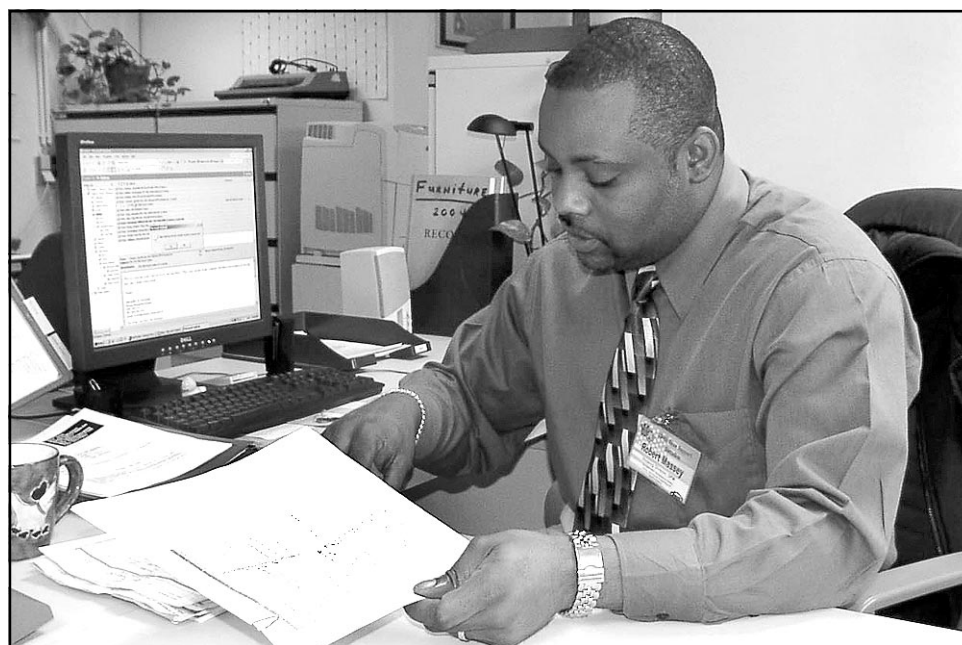


Photo by Alexandra Williams

Robert Massey updates information of redeploying Soldiers to determine their housing requirements.

married Soldiers need to see us, but that's wrong. Regardless of their marital status, every Soldier must see us before they get a 'go' on their form," he said.

Soldiers still deployed can already arrange for housing and or furniture before their return to garrison, he said. "They just need to give a person they trust a power of attorney so that person can sign up for hous-

ing or furniture. Right now we have noncommissioned officers in rear detachments who sign up on behalf of their Soldiers," said Massey.

This will speed up the process for those Soldiers who got married shortly before the deployment or while being on rest and recuperation leave, he said.

"Before coming to Germany some spouses

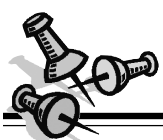
stayed with their families in the States for the duration of the deployment. And now that their Soldier is coming back to post they want to come here as fast as possible. Initiating the process as soon as possible helps decrease the time they have to wait," he said.

A special service for new Soldiers in the 284th BSB is the pick-up service the housing office provides. "We will pick them up and bring them to the prospective new apartment in a 20 kilometer radius from post," Massey said.

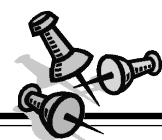
Appreciation for Soldiers

Massey said he tries to show his appreciation for Soldiers through his assistance in the Housing Office. "I was in the Army for eight-and-a-half years. What I enjoy most about my job is to be able to help Soldiers. I can assist in making it a smooth transition for Soldiers and families. Many places, especially Housing, are better places now than back when I was in the Army. Today we show every Soldier that he or she is worth something," said Massey. "Of course you cannot satisfy everyone, and there will always be some complaints, but the majority of customers are happy with the service we provide."

The Housing Office is open Monday to Friday from 7:30 a.m. to noon and 12:30-4 p.m. For more information call mil 343-7148/6451/7235.



414th BSB – Büdingen, Hanau



Community notes ... Community notes ... Community notes

Family Child Care

Parents are invited to attend Family Child Care training offered by Child and Youth Services.

Child Abuse Awareness — March 16, 8-10 a.m.

CPR and First Aid — March 26, 8:30 a.m. to 12:30 p.m.

Training will be held in Building 3 on Pioneer Kaserne, Room 127. For details call the FCC office at mil 322-8458 or civ (06181) 88-8458.

JFK Dining Facility

The John F. Kennedy Dining Facility on Fliegerhost Kaserne re-opens March 16 for all meals.

Monday to Friday — Breakfast 7-8:30 a.m.; Lunch 11:30 a.m. to 1 p.m.; Dinner 4:30-6 p.m.

Saturday and Sunday — Brunch 10 a.m. to 1 p.m.; Dinner 3-5 p.m.

Women's History

Sheriley Singleton will speak at the Women's History Month Luncheon at the Patriot Garden Dining Facility March 18 at noon.

Hanau Community Spouses Club

Join the Hanau German-American Club to tour the Glaabsbrau Brewery in Seligenstadt and have dinner at the Römischer Kaiser restaurant March 19. The cost is €3 (not including dinner). The club will meet at 5:15 p.m. in front of Outdoor Recreation on Old Argonner Kaserne. For reservations call Robin Hodgson at civ (06181) 906 0761.

Hanau Book Club

Join other book fans during a meeting of the Hanau Book Club March 17 at 6 p.m. at the Wolfgang Shopping Center Bookmark. The group meets every third Wednesday of the month. Upcoming selections to be discussed include "Blue Virgin" March 17, "Sex, Time and Power" April 21 and "Deception Point" May 19. Call Capt. Hartigan at mil 322-1450 for more information about the club.

Scholarships

Apply by March 29 for the chance to win one of five \$1,500 scholarships offered through the Andrews Federal Credit Union 2004 Scholarship program. Instructions and applications can be found on the AFCU website at www.andrewsfcu.org or at a local branch.

Train the Trainer

Train the Trainer is an Army Family Team Building workshop



Photo by Dennis Johnson

Is that really you, Daddy?

Sgt. Paul Norris of the 127th MP Company greets his wife Eva and 1-year-old daughter Isabella after a year of serving on Operation Iraqi Freedom. Soldiers of the 709th Military Police Battalion returned to a warm welcome on Hanau's Fliegerhorst Kaserne in the dark cold night of March 3.

that will be held March 30, 31 and April 1 from 9 a.m. to 2 p.m. at the Wolfgang Outreach Center, Building 514 at the Wolfgang Shopping Center. The workshop is for people interested in becoming AFTB instructors or for those interested in attending for professional development reasons. The workshop will teach you to develop presentation skills, to speak on your feet, to manage a classroom and to maximize instructional aids. For information and to sign up call mil 322-5308 or civ (06181) 88-5308.

SNAP training

The 414th Base Support Battalion Safe Neighborhood Awareness Program will hold community observer training March 17 at the Wolfgang Outreach Center at the Wolfgang Shopping Center from 8 a.m. to 2 p.m. Call Demetrea Watson at mil 323-2855 or civ (06181) 180-2855 to become a certified observer.

Youth week

Andrews Federal Credit Union will be sponsoring National Credit Union Youth Week, April 18-24. If you're under 18, deposit your savings during Youth Week and you'll

be part of the National Youth Savings Challenge. Ten young savers from credit unions nationwide will each win \$100.

No more mail

All letters or packages mailed downrange to 1st Armored Division troops after March 25 will be returned to the sender. Call mil 322-8683 for information.

Airport shuttle

Are you looking for a ride to the Frankfurt Airport? A shuttle bus is available Monday to Friday at Pioneer Kaserne Building 20. Arrival and departure is between 9 and 9:45 a.m. Call the 414th Base Support Battalion's Inprocessing Training Center at mil 322-8952 or civ (06181) 88-8952 for information.

Comedy After Dark

Comedy After Dark comes to Club i on Fliegerhorst Kaserne March 20 at 10 p.m. for a night of non-stop laughs. Tickets are \$15 at the door or \$10 in advance. This show is for adults only.

EEO Counselors Course

An Equal Employment Oppor-

tunity Counselors Course will be held March 22-26 from 8 a.m. to 5 p.m. Send your application to Martin Reyes-Duran at mil fax 323-2288. For more information call mil 323-2834 or send an email to martin.reyesduran@us.army.mil. The course is free.

U.S. Forces Basketball championship

More than 30 teams from throughout Europe will converge on Cardwell Fitness Center April 17-18 for the U.S. Forces Europe over-30 Basketball Championship. The cost is \$100 per team. Individual and team awards plus T-shirts will be presented. For information contact Cardwell Fitness Center at mil 323-2607/3546.

Spring sale

Sell your unused items at Argonner Elementary School, March 20 from 8:30 a.m. to 12:30 p.m. To reserve a table contact Margey Wilkinson at margey_wilkinson@eu.odedodea.edu or Brenda Hoff at civ (06181) 906-9847. This sale is sponsored by the Hanau Education Association to raise scholar-

ship money.

Banks closed

The Community Bank at Hanau's Wolfgang Shopping Center will be open March 25 from 11 a.m. to 4 p.m. and Büdingen's Armstrong Barrack's branch from noon to 1 p.m. and 2-4 p.m. The banks will have reduced hours that day while the staff attends training. All community automated teller machines in the Hanau area will be in operation.

'Miss Saigon'

The Five Pfennig Playhouse presents "Miss Saigon," playing March 18, 19, 20 at 7:30 p.m. This production contains adult themes, strong language and partial nudity. Children under age 6 will not be admitted. Tickets are \$12 or €12. Tickets are available at the Hanau USO on Pioneer Kaserne. For information call mil 322-8725 or email 5pfennig@104asg.mwr.army.mil. The theater is located in Building 405 on Old Argonner Kaserne.

Coupon socials

Army Community Service is sponsoring a coupon social March 25. Anyone interested in saving money and having fun is invited to ACS, Building 9 on Pioneer Kaserne from 11:30 a.m. to 1 p.m. Call civ (06181) 88-8963.

Community CPR Challenge

Take the written and skills tests to become CPR certified. If you fail the challenge you must take the class. The next CPR Challenge is March 25. Call Kristi Kolthoff at mil 322-1760 or civ (06181) 88-1760.

Alcoholics

Anonymous meeting

The Hanau Army Substance Abuse Program will host Alcoholics Anonymous meetings every Wednesday starting March 17 at 7 p.m. in Room 327, Building 3 on Hanau's Pioneer Kaserne (enter the building at the first stairwell closest to the main street and proceed to the third floor, end of the hall). For more information call Ken Petersen at mil 322-8911/8762.

Welcome home parties

Club i on Fliegerhorst Kaserne is hosting welcome home parties March 26 and April 30 at 6 p.m. Enjoy free food, entertainment, sumo wrestling and karaoke.

Get the latest news online at www.hanau.army.mil

March is National Nutrition Month

'Eat Smart, Stay Healthy'

By Kay Klumppan
Hanau Women, Infants and Children-Overseas

March is National Nutrition Month, a time of year to reinforce nutrition as a key component in developing healthy eating and exercise habits. An overall healthy lifestyle that includes proper nutrition and exercise is the key to looking good and feeling great. Tired of being told what not to eat? This month instead of focusing on foods to avoid, focus on nutrient-dense foods to add to your normal diet. This is a way to pursue variety, expand your choices and explore new foods. But also remember that everything is allowed in moderation.

Eat more fish — Fish is high in Omega-3 fatty acids, so stock up on cold-water fish, particularly cod, tuna, salmon, halibut, shark and mackerel. Even eating fish as little as twice a week may be beneficial in protecting against heart disease and arteriosclerosis plus relieve pain and inflammation of rheumatoid arthritis.

Include beans often — Beans and other legumes are an inexpensive super food. Beans are an excellent source of fiber, folate, protein, potassium, calcium, zinc and iron.

Go nuts — Nuts are a powerhouse food. You may have been fearful of them in the past because they do contain fat, but it's the "good" monounsaturated fat that nuts are high in, as well as omega-3 fatty acids, phytochemicals, fiber, protein, magnesium and vitamin E. When eaten

regularly nuts may reduce the risk of heart disease by as much as 25 percent.

Dish up on yellow, orange and green — Rich dark colors in fruits and vegetables indicate they're packed with nutrition. The bright orange of carrots indicates beta-carotene; the deep red of tomatoes is proof of lycopene, a disease-preventing carotenoid. Don't forget dark leafy vegetables to provide invaluable eye protection from two other carotenoids, lutein and zeaxanthin.

Add soy to the menu — Aside from being packed with protein and iron, soybeans fight disease. Soybeans contain isoflavones with cholesterol-lowering and possible cancer preventing properties. Try soy milk that comes in a variety of flavors and choose one fortified with calcium and vitamin D. Tofu, which is a flavorless curd, will easily soak up flavors of sauces and stews. Soy cheese and textured soy proteins are now also commonly available.

Add wheat germ — Sprinkle wheat germ on cereal, yogurt, in batters or use when making cookies. Wheat germ is one of nature's most nutrient dense foods. Why? Wheat germ is one of the richest natural sources of vitamin E, it also contains significant amounts of B vitamins, magnesium, phosphorus, copper, and manganese.

Add flax — Add flaxseed to prepared foods; mix ground flaxseeds in batters, yogurt, on salads, toast or cereal. Why? For its essential fatty acids.

Drink tea instead — Switch from coffee to tea; tea contains polyphenols, a potent antioxidant. Research shows both green and black tea are linked to a lower risk of heart

disease and certain cancers.

Light lunch and learn

National Nutrition Month "Eat Smart, Stay Healthy"

Presented by WIC-Overseas

March 16, noon to 12:45 p.m.

Building 514, Wolfgang Kaserne, Conference Room

Topics will include: The Sensible Way to Lose Weight; Overview of Popular Fad Diets; Know Your Numbers: Fat, Cholesterol and More. Bring your lunch and a friend.

To register call the Women, Children and Infants-Overseas office at mil 322-9636 or civ (06181) 88-9636. The class is free.



Photo by Dennis Johnson

Diane Doyle, a USO volunteer helps reduce the stress of a community member at the Hanau Health and Wellness Fair at Pioneer Fitness Center Feb. 28.

Beans, peas and lentils are tasty and cheap

By Kay Klumppan

Hanau Women, Infants and Children-Overseas Overseas

Beans truly are a nutrient-dense super food.

They provide an excellent source of soluble fiber which traps bile containing cholesterol and removes it from the body before it can be absorbed.

Beans are tasty and they're the most economical source of protein.

Dried or canned beans will give you the same benefit, but canned beans may be high in sodium, so be sure to drain and rinse well before use.

The benefits of adding beans to more meals

- Low-fat.
- High protein.
- High iron.
- High soluble fiber, which helps reduce blood cholesterol and can help control blood sugar.
- Source of B vitamins, calcium, phosphorus, potassium, copper, zinc and magnesium.
- Dried beans are sodium free.
- Cholesterol free.
- Inexpensive.
- Only 110-145 calories per half-cup cooked.
- Beans contain 60-65 percent complex carbohydrate content.
- Contain isoflavins, which have been shown to keep normal cells from turning cancerous.

With so many health benefits, why not add more beans to more meals?

Black and white chili

1 tsp. oil, preferably olive or canola
1 cup diced onion
2 cups chicken broth, canned or from bouillon cubes
1 6-oz. can tomato paste
1 or 2 4-oz. cans green chilies, chopped
1 tsp. cumin
1 16-oz. can black beans, drained and rinsed
1 16-oz. can navy beans, drained and rinsed
In a large soup pot, heat oil over medium-high heat, add onions and cook for five minutes. Add broth, tomato paste, chilies, cumin and beans. Bring to boil.

Reduce heat to low, simmer 10 minutes, stirring occasionally.

How to prepare dried beans

Overnight method

Put beans in a large pot and add water to completely cover beans. Let stand for six to eight hours or overnight. This method uses less water when cooking and cooking time is reduced. After soaking, cook as directed in recipe.

Quick soak method

Place in a cooking pot, cover with water and bring to a boil for three minutes. Remove from heat, cover and let stand for one to three hours. Pour off water.

Fox teams sniff out threats

Hanau's 69th Chemical Company supports 1st AD's Division Artillery

Story and photos by Staff Sgt. Mark Bell

372nd Mobile Public Affairs Detachment

American dictionaries define versatility as "the ability to do many things." The 69th Chemical Company's Reconnaissance Platoon exemplifies the word and more.

Besides the unit's doctrinal mission to seek out and detect nuclear, biological and chemical threats against coalition forces and Iraqi residents in and around Baghdad, the 13 Soldiers assigned to operate the Army's M-93A1 NBC Reconnaissance System, commonly known as the Fox, have been busy supporting the 1st Armored Division Artillery Combat Team in ways that are not always expected.

From operating temporary checkpoints, traveling on reconnaissance patrols or providing convoy security, the Fox teams have been operating 24 hours a day supporting missions in DIVARTY's southern Baghdad sector.

"Flexibility means being able to adapt and change at a moment's notice," said Sgt. Tanya Jackson, a squad leader assigned to operate the large six-wheeled light-armored vehicle. "The recon platoon and its Foxes have been more than flexible throughout this deployment. We've done everything from zone patrols to route improvised explosive device clearance."

Weighing more than 19 tons, the German-made vehicle demands attention on the crowded highways and in Baghdad's densely populated neighborhoods.

The Fox is a prime platform for supporting numerous DIVARTY Combat Team missions because of its size, armor and agility.

No one knows more about the vehicle's importance than Staff Sgt.

Kristine Chewning. Because of the vehicle's distinctive design and armor, her three-Soldier crew was able to survive a direct hit from a rocket-propelled grenade.

"My patrol never expected or thought anything would ever hit our vehicles," Chewning said about that recent nighttime patrol. "Everything was going very well until we got attacked."

Although the gunner was injured from shrapnel from the impact of the round hitting the armor, the Fox crew was able to regain control of the situation. Still the crew and Chewning will never be the same, she said.

"It quickly changed my idea about terrorism, security and the patrol operations we do and the training for combat operations. Training only gives you ideas of situations but doesn't qualify you as an

expert."

Although the vehicle's minor damage has been repaired and her Soldiers' wounds have healed, Chewning said she is now more than ever focused on the mission.

"We can train for combat operations, but once you've become involved in a situation like that you don't look at training the same. That night, my main concern was evacuating my Soldier injured in the attack and getting her immediate medical attention. This is one thing that keeps my mind focused. There is too much in life to lose and I'm not about to let some terrorist kill my team."

Chewning said her Soldiers now know a lot more about the quick reaction force and patrols. "They are not afraid of firing their weapons if we're being attacked."

The recon teams assigned to Camp Steel

Falcon's 69th Chemical Company shatter any theories that the chemical operation specialists don't do anything but hide behind locked doors cleaning protective masks.

"A chemical Soldier has to be versatile by nature. By being able to go to any type of unit, he must often learn that unit's mission as well as maintaining knowledge of our unique skills," said Sgt. Daniel Johnson.

These Soldiers also spend a great deal of time repairing their own vehicles.

"It's how we make our money," said Staff Sgt. Manuel Rodriguez, a "master" Fox operator. "It's about being more knowledgeable about the deployment of NBC reconnaissance assets. Without proper maintenance we can't have that asset available to the commander."

Rodriguez said proper maintenance is the common ingredient for safety and success. For the last 10 months the Fox teams have operated their six vehicles without mishap in both desert environments and the tight urban streets.

"The reason we have stayed accident free during this deployment is our intensive training," said Rodriguez. "Every squad leader takes a new Soldier and ensures that the Soldier is well trained before going on the road."

Rodriguez said teaching the importance of depth perception is the key element to operating the vehicle. "The Fox is very maneuverable, but not knowing its dimensions and road capabilities can be very dangerous."

Whether they are patrolling some of the most dangerous streets in Baghdad or hunting chemical warheads, the versatility of the recon platoon displays the basic concept of the American warrior — flexibility.



Spc. Lamar Pitmon, age 24, from Chattanooga, Tenn., a Fox operator assigned to the 69th Chemical Company, 1st Armored Division Artillery Combat Team, prepares a marker report.



Sgt. 1st Class Todd Kearns directs Staff Sgt. Gregory James to spray a particular piece of equipment before use in Iraq. The Soldiers are members of Hanau's 69th Chemical Company.